

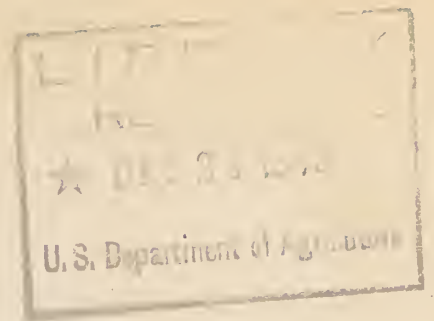
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WAR FOOD ADMINISTRATION
FOOD DISTRIBUTION ADMINISTRATION
700 Old Colony Building
Des Moines 7, Iowa



SUGGESTIONS FOR PLANNING MENUS FOR TYPE A & B SCHOOL LUNCH

The attached menus show ways in which the various patterns of Type A and Type B school lunches may be developed using all the food groups required and the alternate foods suggested.

Attention has been given in all menus to the ration points available. The basic point allowances are .6 points per meal per child for processed foods and .93 points per meal per child for meats, fats, and cheese. The total number of blue points available for 50 children for 5 meals are $(50 \times 5 \times .6)$ or 150 points a week. The total number of red points are $(50 \times 5 \times .93)$ or 232 points a week.

The menus suggested can be prepared with minimum equipment. With the exception of Menu I, all the meals can be prepared on top of the stove. The liver loaf could be changed to a liver stew if no oven is available.

Emphasis was placed on foods that are available throughout the school year and upon foods that can be obtained in most communities.

S-958

U.S.D.A.
G.B.

SUGGESTED MENUS SHOWING RATION POINTS REQUIRED FOR 50 CHILDREN
TYPE A

TYPE B

		Red	Blue			Red	Blue
<u>MENU I</u>				<u>MENU I</u>			
<u>Milk</u>				<u>Milk</u>			
Liver & Rice Loaf				Hungarian Goulash			
Beef or Pork Liver--6 lb.	36			Boneless shank meat--3 lb.	24		
Creamed Carrots				Tomatoes--3 cans #2		54	
Fat for sauce ($\frac{1}{2}$ lb. mix)	4			Bread**			
Fruit (raw)				Spread for bread* (1 lb. mix)	7		
Bread**							
Spread for bread* (2 lb. mix)	14						
<u>MENU II</u>				<u>MENU II</u>			
<u>Milk</u>				<u>Milk</u>			
Navy Bean Soup.				Cream of potato soup			
Navy Beans--6 lb.	24			Fat for soup (1 lb. mix)	7		
Salt Pork--4 lb.	8			Peanut butter sandwiches			
Raw turnip sticks				Spread for bread* (1 lb. mix)	7		
Fruit (raw or stewed)							
Bread**							
Spread for bread* (2 lb. mix)	14						
<u>MENU III</u>				<u>MENU III</u>			
<u>Milk</u>				<u>Milk</u>			
Cheese bunny on crackers or toast				Kidney Bean & vegetable salad			
Am. Cheddar Cheese--5 lb.	40			Kidney beans--6 $\frac{1}{2}$ lbs.		25	
Fat for sauce ($\frac{3}{4}$ lb. mix)	6			Bread**			
Cabbage Slaw				Spread for bread* (1 lb. mix)	7		
Fruit (raw or stewed)							
Bread**							
Spread for bread* (1 lb. mix)	7						
<u>MENU IV</u>				<u>MENU IV</u>			
<u>Milk</u>				<u>Milk</u>			
Peanut butter sandwiches				Macaroni with cheese			
Mixed vegetable salad--fresh veg.				Am. Cheddar cheese--3 lb.	24		
& green beans (3 cans #2)	33			Fat for sauce ($\frac{1}{2}$ lb. mix)	4		
Chocolate pudding				Apple			
Spread for bread* (2 lb. mix)	14			Spread for bread* ($\frac{1}{2}$ lb. mix)	4		
<u>MENU V</u>				<u>MENU V</u>			
<u>Milk</u>				<u>Milk</u>			
Hard cooked eggs with tomato sauce				Egg Salad Sandwich			
Tomatoes--1 can #10	83			Stewed prunes			
Fat for sauce ($\frac{1}{2}$ lb. mix)	4			Spread for bread* (1 lb. mix)	7		
Boiled potato with skins							
Raw vegetable or fruit							
Bread**							
Spread for bread* (2 lb. mix)	14						
TOTAL	161	140			TOTAL	91	79
				*Alternates for spread for bread:			
				Butter	10 points per lb.		
				Oleomargarine	4 points per lb.		
				Mix ($\frac{1}{2}$ butter & $\frac{1}{2}$ oleomargarine)	7 points per lb.		

** Whole Wheat or enriched